

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 48	Skill	Kipping	Squat	KB Swing	Power Clean	Romanian DL
	Strength or Endurance			Double KB Push Press 8-8-8-8 pick load/ Rest 1:30		Romanian Deadlift 10-10-10-10 pick load/ Rest 1:30
	Workout	<u>For Time</u> 50-40-30-20-10 Sit ups Air Squat Double under Side Jumps over KB	<u>Amrap 15 min</u> 12 Back Squat 9 Ring Push up 6 Pull up	<u>3 Rounds for Quality</u> 20 KB Swings 28/20 20 Jack Knife	<u>Emom 20min</u> 5 Power Clean pick Load 10 Wall Balls 9/6 Kg 1 Line Inchworm Rest 1 Min	<u>Amrap 10 min</u> 16 Renegade Row 20/12 Kg 12 Ball Slam 9/6 KG
	Mobility/Accessory	Shoulder Mobi	Shoulder Stability	Hip Mobility	Spine Mobility	Hip Mobility